Determination of discretionary salt intake in an iodine-deficient area of east java-indonesia using three different methods

Annasari Mustafa, author

Abstrak

Salt, is a potential vehicle and has extensively been used for delivery of iodine to the population, as an iodized salt. Many methods for assessing intake of salt have been applied in several studies in Indonesia, but all those methods were suspected to be relatively inaccurate. More precise method needed to define the amount of discretionary salt intake, which is salt added during cooking and at the table.

Lithjum.marker technique is a relatively new method, has been established as a suitable, safe and biological reference for tracking the actual intake of individual salt. This method has been treated as a ?gold standard? method for assessing the discretionary salt intake. This result report deals with three methods: lithium-labeled salt technique, 24-hour salt recall and salt weighing, for assessing discretionary salt intake among children and mothers in an iodine deficient area of East Java-Indonesia.

The research report has been organized under three major parts. The first part, the introduction, consists ofbackground, problem statement and rationale ofthe study, literature review, conceptual framework of research, objectives and variable and indicator matrix. Part two, the manuscript for publication to International Journal of Food Science and Nutrition. This part provides the abstract, introduction, subjects and methods, result, discussion, conclusion, and references. Part three is the last part of this report, the appendices, consists of questionnaires, detailed of the methodologies, detailed of the results, ethic application and ethical clearance, grand approval, references and curriculum vitae.